



## Aim for a Healthy Weight

A healthy lifestyle combines healthy eating with regular physical activity. If you are overweight or underweight, you are more likely to develop health problems. A healthy body weight is key to a healthy life.

**Be Fit:** Balance the calories you eat with physical activity to maintain a healthy weight.

**Tip:** Check product labels for serving size to help manage your weight.

## Be Physically Active Each Day

Physical activity involves moving the body. For good health, aim for at least 30 minutes of moderate physical activity most days of the week.

**Be Active:** Take the dog for a walk - don't just watch the dog walk.

**Tip:** Climb the stairs instead of taking the elevator or escalator.

## Choose a Variety of Grains Daily, Especially Whole Grains

Foods made from grains like wheat, oats and rice help to form the base of a healthy diet. They provide vitamins, minerals, starch, fiber and other nutrients important for good health.

**Be Adventurous:** Expand your taste and eat foods from a variety of whole grains like whole wheat, brown rice, oats and whole grain corn every day.

**Tip:** Try brown rice instead of white rice.

## Choose a Variety of Fruits and Vegetables Daily

Fruits and vegetables are key parts to your healthy diet. They provide our bodies with nutrients important for good health. Fruit and vegetables may prevent many health problems such as heart disease, stroke and some forms of cancer.

**Be Smart:** Eat at least 5 servings of fruits and vegetables every day.

**Tip:** Add fresh fruit to your favorite cereal at breakfast.



## Choose a Diet Low in Saturated Fat and Cholesterol and Moderate in Total Fat

A diet low in saturated fat and cholesterol and moderate in total fat may help lower your risk of heart disease, obesity and some forms of cancer.

**Be Sensible:** You need some fat in the food you eat, but choose sensibly and don't overdo it.

**Tip:** If your favorite food is high in fat or cholesterol, eat only a small portion.

## Choose Beverages and Foods to Moderate Your Intake of Sugars

Sugars and many foods that contain sugar in large amounts supply calories but few nutrients. Extra calories may lead to unwanted weight gain or lower intake of more healthy foods. Too much sugar can also promote tooth decay.



**Be Flexible:** Balance what you eat over several days. There is no need to worry about just one meal or one day.

**Tip:** If you ate a piece of chocolate cake for dessert last night, eat fresh fruit for dessert tonight.

### Choose and Prepare Foods with Less Salt

Eating less salt and sodium may help keep blood pressure in a healthy range.

**Be Creative:** Use herbs and spices in place of salt to flavor foods.

**Tip:** Try onion or garlic powder when cooking your favorite vegetable.

### If You Drink Alcoholic Beverages, do so in Moderation

Alcoholic beverages supply calories but few or no nutrients. Drinking alcohol is linked to many health problems and can lead to addiction.

Count as a drink:

- 12 ounces of regular beer
- 5 ounces of wine
- 1 1/2 ounces of liquor (80 proof)

**Be Realistic:** Moderate drinking means no more than one drink a day for women and no more than two drinks a day for men.

**Tip:** Alcohol is never recommended for pregnant and nursing women, teenagers or children.

### Remember . . .

Nutrition and physical activity work together for better health. There are many different foods and many forms of activity to help you take action for a healthy lifestyle. Make small changes over time in what you eat and the level of physical activity you do. After all . . .

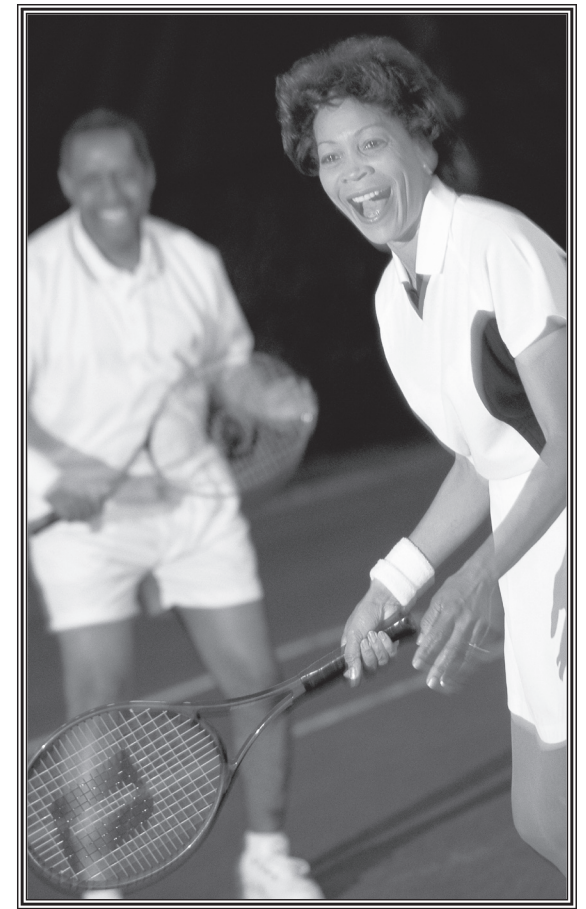
food and  
being fit  
can be  
**FUN!**

Information based on the *Dietary Guidelines for Americans, 2000*, jointly released by the United States Department of Agriculture and the United States Department of Health and Human Services.



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# Take Action for a Healthy Lifestyle



*Useful tips for a healthy lifestyle.*

